



Men's Team Qualifies Six for Finals at LSC Championships



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On the first day of competition at the Lone Star Conference Championships, the Texas A&M University-Commerce men's track and field team qualified six individuals for finals tomorrow, setting nine season-best performances in the process.

Junior **Brandon Womack** (*pictured*) was the top qualifier for the Lions, finishing second in the preliminary round of the 800-meter run in a time of 1:56.32. Womack is currently ranked third in the LSC in the event.

In the finals of the 10,000-meter run, junior **Tyler Tyndell** finished fifth in a time of 32:08.07. The run was Tyndell's first time ever participating in the event.

The Lions qualified two more participants in the 400-meter dash, with junior **Cairo Thornton** qualifying sixth in a time of 49.45 and sophomore **Albert Sinegal** qualifying eighth in a career-best time of 49.86. Freshman **Joel Day** finished 10th in the preliminaries in a season-best time of 49.94.

In the 110-meter hurdles, freshman **Craig Shelton** and sophomore **Demetrius Holmes** both qualified for finals, finishing seventh and eighth, respectively, in times of 15.62 (a season-best) and 16.06. Additionally, Holmes qualified for finals in the 400-meter hurdles with an eighth-place finish and a career-best time of 56.04. Freshman teammate **Akeem Jackson** followed Holmes in ninth with a season-best time of 56.26.

Three Lions set season-best performances in the 200-meter dash. Sophomore **Justin McGuffey** was the highest finisher for the team, finishing 21st in a season-best time of 22.64. Seniors **Anthony Valle** and **Cody Bolton** followed in 24th and 25th place with times of 22.77 and 22.84, respectively. Bolton also set a season-best performance in the 100-meter dash, finishing 14th in a time of 11.14.

The LSC Championships resume tomorrow with field events beginning at noon and running events beginning at 5:30 p.m.